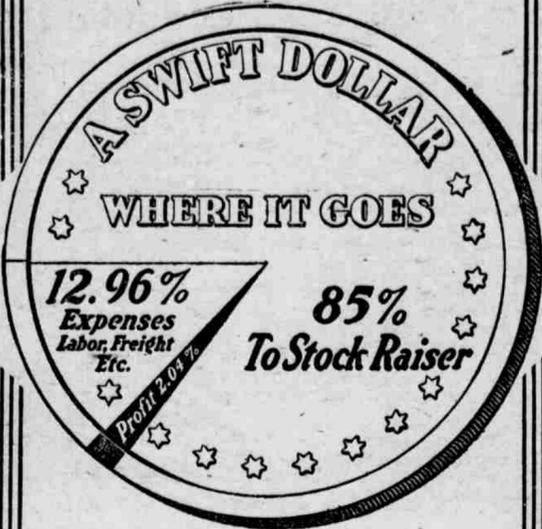


The Swift Dollar for 1918



The above diagram shows the distribution of the average Swift dollar received from sales of beef, pork and mutton, and their by-products, during 1918.

1919 Year Book of interesting and instructive facts sent on request.
Address Swift & Company
Union Stock Yards, Chicago, Illinois

Swift & Company, U.S.A.



Just Like Father.
"How was the banquet?"
"Fine. Father gave the toast to the ladies."
"He did, eh? That's just like him, letting on to a lot of other women that he's so kind and considerate when he wouldn't make toast for me in the mornings if my head was splitting open."

Put your shoulder to fortune's wheel and turn it to suit yourself.

Spanish Influenza can be prevented easier than it can be cured.

At the first sign of a shiver or sneeze, take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a

You Never Can Tell.
"You can't believe everything you see in a newspaper, can you?" suggested the chap who never advanced with the rest of civilization.
"No," answered the policeman. "I pinched a fellow once because he had a suspicious-looking bottle wrapped up in a daily paper, and it proved to be a bottle of horse liniment."

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Wm. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Easily Accomplished.
Rich Bachelor—"My only ambition is to die poor." Married Friend—"And have you picked out the girl yet?"

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

In the glorious feast of knowledge some people never get any farther than the soup.

box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. You druggist will cheerfully refund you money if you are not satisfied after a few days' use. Accept only the pure original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Ad.

WHAT CAN WE DO?



Mr. Davison's Announcement.
As Henry P. Davison, chairman of the war council, said in announcing the organization's after-the-war policy: "Always, as heretofore, any plans adopted will assure complete co-operation with the respective governments and with any agencies with whom relations may be established."

"What the future is to be, no one can say. But that there will be an appealing cry of humanity from all over the world, no one can doubt. The needs of France, Belgium, Italy, Russia and the Balkans will not terminate with the formal declaration of peace. A hard winter is ahead. Exposure and the hardships of war and the distasteful industrial conditions of the world have produced hunger, want and disease."

"Politically the outlook for a new and better world is bright, but the economic conditions are ominous. There will be such distress in the world that it cannot be met by voluntary organizations. Governments themselves must bear the chief burden, and I am confident that co-operation between the governments may be effected upon an endeavor to meet this wholesale work of relief which will be needed."

"In addition to this, there will, however, be the necessity and opportunity for supplementary work which Red Cross organizations throughout the world can do, should do and must do. Certainly the women of America, working through the Red Cross chapters, and the women in other countries able to do similar work will find their

hearts dictating more than their hands can do."

The Red Cross work in north Russia has included the establishment of an American hospital of 100 beds and the daily feeding of 5,000 school children. Activities have been extended from Archangel to many small villages. An auxiliary ambulance service is operated for the medical officers of the army, and everything possible is being done for the care of our soldiers in that frozen corner of the world.

Here at home the effect of peace has been noticeable in a diminution of personnel at national headquarters in Washington, as well as in the divisions and chapters. The Christmas roll call for 1919 memberships, however, brought opportunities for a large majority of the workers to keep busy until the end of the year, and the permanent future of the society is so well settled in the public mind that it is safe to predict a continuance of effective chapter organization throughout the country. At national headquarters many of the volunteers have remained on duty at great personal sacrifice. A change in the war council has been the election of Jesse H. Jones and George E. Scott to succeed John D. Ryan and Harvey D. Gibson, resigned.

A complete review of Red Cross work in any period, even in one month, would fill volumes. But a glimpse at the high lights, a skeleton outline, suffices to indicate how wide has been the organization's range in wartime and how great are its possibilities in peace.

A Criterion in Corset Styles



It seems a far cry from the great world war to styles in corsets. Yet even in corsets, which seem so inconsequential and so small an item in the world's business, the war has changed manufacturing methods, and it looks as if it would have a lasting effect on the garment. Prices of corsets went up with scarcity of materials and increase in cost of labor. There is no immediate prospect of their coming down again. For a year at least the French corset fabrics will not be imported in sufficient quantities to influence price and the labor item is difficult to handle. Manufacturers who are willing to shave expenses in every other direction will hesitate to cut down wages. So we must reconcile ourselves to the present required expenditure and hope that it will not advance.

The low bust proves itself the most comfortable and the most graceful of corset models. In fact there is no particular reason for mentioning the bust at all in connection with new models that extend only an inch or so above the waistline. The bust is really corseted by the brassiere and the lungs and diaphragm are not subjected to the slightest pressure. Curves are long in figures corseted in this way—a consummation devoutly to be wished.

Fewer bones—or steels—are used in the new models than ever before. This came about through the shortage of boning materials and proved a dressing in disguise. Even the stout woman finds her figure well supported by corsets in which few bones are used instead of many and the gain in suppleness is obvious. The wits of corset designers have been put to the test and sharpened by necessity which is the mother of invention. The art of the corsetier is a great art and an example of its late achievement appears in the picture shown here. This corset may be accepted as a criterion in corset styles.

Julia Bottomey

Kitchen Curtains.

The very prettiest way of curtaining the kitchen window is by using the double-sash curtains. Dutch curtains, they are called. Make two pairs of crisp muslin, or soft voile or cheesecloth, as preferred, and sew down the sides and across the bottom a band of plain color to match the kitchen color scheme. These bands may be from two to four inches wide. The bottom curtains are usually kept closed, but the upper ones are always open to allow sunlight and air to come in and the bit of color at the edges seems to be just what so many kitchens need to brighten them up.

Washing Fluid.

The following will be found an excellent washing fluid: Five pounds of washing soda, one gallon of cold water; put to boil. While boiling, add one pound of chloride of lime and stir well; set aside to settle. Strain through a cloth and cork up in a jug. Put your soiled clothes in ten quarts of water, or enough to cover them, with two handfuls of chipped soap and one pint of fluid.

HOME TOWN HELPS

TO BUILD ON MODERN LINES

Australian Authorities Recognize Necessity of Town Construction Along the Latest Ideas.

The great mind of France, renaissance, is manifesting itself in the field of town planning. She has a central town-planning commission with sub-agencies throughout France, for the rebuilding and replanning of not only the cities destroyed by the guns, but also the others outside the war zone. Belgium's parliament, sitting in France today, has passed a city-planning law, in readiness for the peace which will restore her to a place in the sun. What an example, and an inspiration for us who sit here in peace and security.

America has shown us a splendid example in the organization of her military towns. The town planners were mobilized under Mr. Olmstead's leadership and they co-operated with the military and engineering experts in building training camps for millions of soldiers. She has spent \$25,000,000 on 10 model military cities on the most modern lines. Housing and planning are going hand in hand under the United States government's encouragement and supervision.

If for no other reason, the calling of a conference is justified by the fact that the government of Queensland has made our deliberations cluster round the welfare of the returned soldiers, and has invited us to apply the resources of the town planner to the problem of making those who have fought for our lives and liberties happier than they could possibly be under the old conditions. We eagerly respond to this invitation and I hope that out of our deliberations may come practical and helpful schemes that will assist the returned soldier.—Sir Sam Hughes.

PLAN THE WAR GARDEN NOW

More Food Than Ever Before Should Be Raised by Amateur Growers This Year.

The ending of the war has placed additional obligations on the American people. We have not only our friends the allies to feed, but our former enemies must also be kept from starvation.

The larger part of the people of the evacuated regions are destitute; they must have food and this country is the only place it may be had in sufficient quantities. This means that we will be asked to get along with less meats, fats, grains and sugar and make up the difference with things we can grow in our own gardens. The home gardens of America must be relied upon for a larger proportion of our living than ever before.

Potatoes, beets, carrots, peas, corn and tomatoes are among the most important garden crops from a food standpoint. Radishes, lettuce, onions, cucumbers, turnips, squash, cabbage, cauliflower, spinach, parsnips, eggplants, peppers, etc., add to the variety.

Potatoes, peas, beets and carrots can be planted almost as soon as the frost is out of the ground, and then can be followed by the more tender crops as soon as the ground has become reasonably warm.

When there is sufficient room an asparagus bed should be planted, also rhubarb and the small fruits, particularly raspberries.

Larger grounds afford room for grapes, blackberries, currants, gooseberries, strawberries and possibly a few apples, peaches, pears, cherries and plums—and the children especially enjoy and thrive on plenty of fresh fruit.

Preventing Cracks in Pavements.

At a recent meeting of the American Society for Municipal Improvements held at Buffalo, an interesting paper was read on frost-proof foundations for hard-surfaced pavements, in which it was suggested that the sub-grade should be laid with a course of hollow tile of say four-inch height, overlaid with a foundation of two to four inches of concrete. On this, the paving material may be laid. The tile acts as a non-conductor of heat, preventing the frost from penetrating to the sub-grade and also acts as a drain for moisture. Should frost reach the sub-grade, the tile will break under the pressure and to insure its breaking, the tile may be scored at the bottom. The overlying concrete will bridge the breaks in the hollow tile. This will prevent upheavals of the pavement.—Scientific American.

Prepares Dwelling and Storage Models.

Working drawings for farmhouses and bunkhouses, designed to meet conditions in various sections of the country and assist in obtaining additional labor for farms, have been prepared by the bureau of public roads of the United States department of agriculture. Working drawings have been prepared also for storage houses for small grains, corn, combined grain and corn and other crops. Copies of these plans will be sent free on application to the division of rural engineering of the bureau.

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms a disappearance and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."



—Mrs. FRANK HENSON, 146 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Use Cuticura Soap To Clear Your Skin

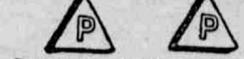
All druggists; Soap 25¢, Ointment 25¢ & 50¢, Talcum 25¢. Sample each free of "Cuticura," Dept. 5, Boston.

Not Very Fetching.
He—"The doctor says Mayme has acute indigestion." She—"I don't see anything cute about that."

INDIGESTION, GAS, UPSET STOMACH

HURRY! JUST EAT ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. Here is instant relief.



Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin always make sick, upset stomachs feel fine at once and they cost so little at drug stores.—Adv.

Every woman is apt to be in the wrong until she begins to cry—then she's all right.

Keep clean inside as well as outside by taking a gentle laxative at least once a week, such as Doctor Paine's Pleasant Pellets. Adv.

It often costs a lot to keep virtue in repair, but the self-starter of vice is always in working order.

Confined to Her Bed Days at a Time

But Doan's Brought a Quick and Lasting Cure.

Mrs. Herrman Ruschke, 177 Fourth St., Long Island City, N. Y., says: "The pains in my back were almost unbearable. I always felt tired and listless and found it almost impossible to attend to my housework. Gradually the pains increased—day by day my suffering became worse. Often flashes of light and black specks would appear before my eyes and dizzy spells would come over me. My hands and feet were swollen and my head pained me so at times I thought it would split. My kidneys annoyed me, too. I became dependent. Sometimes I would have to take to my bed for three or four days at a time. I had the good fortune to hear of Doan's Kidney Pills, so I began using them and was soon back in perfect health again. My cure has stood the test of time, so I am only too glad to recommend Doan's to other kidney sufferers."



Mrs. Ruschke gave the above statement in April, 1916, and on April 4, 1917, she added: "I gladly repeat all I have said about Doan's Kidney Pills, for they have cured me of kidney complaint."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

SEMI-SOLID BUTTERMILK For Hogs and Poultry

Sold direct from factory to consumer. If you want to get the best results for the least money write or call on

Consolidated Products Co., LINCOLN, NEBRASKA
Harding Cream Company OMAHA, NEB. KANSAS CITY, MO.
W. N. U., SIOUX CITY, NO. 5-1919.